

National Senior Center Month

September



Monday	Tuesday	Wednesday	Thursday	Friday
OFFSITE SUPPORT GROUPS 9/8 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant 9/14 10:00 Parkinson's Support Group- Aurora Health Care 9/15 4:00 Diabetic Support Group at Aurora Health Care Center **All Orange Events are held Offsite Outdoor Game Equipment available to reserve and play at the Center.	1 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 AARP Board Meeting 9:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing &Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 7:00 Scamp Band Jam Session 7:00 Senior Dining-Roepke's	2 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 10:00 Computer Lab Closed Until Noon 12:00 Hand & Foot 1:00 Summer Social at At Lakeside Park 1:15 Sheepshead 12:00 Canasta 7:30 Wed Night Dance	3 9:00 Senior Outreach 9:00 Hand Chimes 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 10:30 Yoga 12:00 ROMEO's--Faros 12:30 Bridge 1:00 Flying Geese Quilters 2: 00 Happy Travelers Preview Albuquerque Balloon Fiesta 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club	4 8:00 Coffee & Conversation 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead <u>5 Saturday</u> 10:00 Beg. Country Line Dance <u>6 Sunday</u>
7 Center Closed 	8 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 Hiking 10:00 Singing 10:00 Bike Ride-Lakeside Park to Sandy Beach (Meet at DeNeveu Shelter at Lakeside Park) 12:30 Bridge 1:00 Bingo Sponsored by Azura Memory Care 1:00 Stitchery Group 6:00 Winnebago Woodworkers 6:00 Coin Club 7:00 Senior Dining-Paddy's in Eden	9 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Computer Basics 2 9:45 Video Chair Exercise 10:00 Look Good, Feel Better 12:30 Movie--"Unbroken" 12:00 Hand & Foot 1:15 Sheepshead 7:30 Wed Night Dance Happy Travelers Trip-Departs for Door County (Returns 9/11)	10 9:00 Foot Care 9:00 Hand Chimes 9:00 Senior Outreach Advisory Mtg 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 10:30 Yoga 12:30 Bridge 1:00 Speaker--Vickie Godaspske Topic--Cold Laser Therapy 1:00 MPTC Basic Excel 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers	11 9:00 Health Screenings 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead 2:00 Soul Collage Class Packer Day-Wear your Green & Gold <u>12 Saturday</u> 10:00 Beg. Country Line Dance <u>13 Sunday</u> 6:00 Model Railroad
14 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 Computer Basics 2 1:00 German Club 1:00 Poker 1:15 Sheepshead 4:00 TOPS #1159 6:30 FDL Area Writers Club 6:30 Movie Night "The Fault In our Stars"	15 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 Massage 12:30 Bridge 1:00 Bingo Sponsored by ResCare HomeCare 1:00 Stitchery Group 1:00 Drawing &Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Gluten Free Support Group 7:00 Senior Dining-Parnell's -Oshkosh	16 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Computer Basics 2 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:15 Sheepshead 7:30 Wed Night Dance	17 9:00 Hand Chimes 9:00 Foot Care 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 10:30 Yoga 12:30 Bridge 1:00 AARP 1:00 Happy Travelers Holland & Belgium River Cruise Preview 1:00 MPTC Basic Excel 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook	18 8:30 SCAC 10:00 Red Hat Chorus 11:00 Amy Ewerdt - RD meal prep 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead 2:00 Soul Collage Class 4:00 Open House/Art Walk Packer Day-Wear your Green & Gold <u>19 Saturday</u> 10:00 Beg. Country Line Dance 5:00 Supper Club at Benvenuto's 5:00 Social, 5:30 Dinner <u>20 Sunday</u>
21 8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 MPTC Computer Basics 3 9:30 Book Club 1:00 German Club 1:00 Poker 1:15 Sheepshead 4:00 TOPS #1159 Happy Travelers Trip-Departs for Pacific Northwest & California (Returns 9/28)	22 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 MPTC Pinterest Interests 9:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 Massage 12:30 Bridge 1:00 Bingo Sponsored by Hospice Advantage 1:00 Stitchery Group 1:00 Drawing &Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 7:00 Senior Dining-Sunset	23 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 MPTC Apple iPad Basics 9:00 MPTC Computer Basics 3 9:45 Video Chair Exercise 12:00 Hand & Foot 1:15 Sheepshead 1:00 Umbrella Brigade 2:30 Performance at Woodlands 7:30 Wed Night Dance	24 9:00 Foot Care 9:00 Hand Chimes 9:00 Hiking 10:00 Journaling 10:00 Beginning Bridge 10:30 Yoga 12:30 Movie--"Unbroken" 12:30 Bridge 1:00 SALT/TRIAD 1:00 MPTC Basic Excel 5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group	25 9:00 Friends Board 10:00 Red Hat Chorus 10:00 Mary Jo Neumann Exercise Demo 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheepshead 2:00 Soul Collage Class <u>26 Saturday</u> <u>27 Sunday</u>
28 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 MPTC Computer Basics 3 1:00 German Club 1:00 Poker 1:15 Sheepshead 4:00 TOPS #1159 Packer Day-Wear your Green & Gold	29 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing &Watercolor Class 2:00 Community Cares at Lincoln House 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 7:00 Senior Dining-Schmitty's	30 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Apple iPad Basics II 9:00 MPTC Intro to Twitter 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:15 Sheepshead 7:30 Wed Night Dance	<div>LET'S DO LUNCH!</div> <div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</div> <div> Fellowship, Food & Fun</div>	